

Hawai'i **Cessation** Handbook

Clean*Break*

HAWAII



LIFE
AFTER
CIGARETTES

Quitting Smoking



THE TOUGHEST
JOB YOU'LL
EVER LOVE

If you've ever tried TO QUIT SMOKING...

You know how tough it can be. Giving up a trusted companion is hard. It has been with you through thick and thin: kept you company, calmed you down, helped you think and work, and gave you stimulation. It is always there for you. The all purpose drug.

But whether you've already tried to quit or are thinking about it, don't be afraid. Help and support are available. This brochure is one of them and can help make the difficult job of quitting easier.

The important thing to remember is that you can do it. Everyday, thousands of people like you succeed. So don't get discouraged. It took time to become a regular smoker, it's going to take time to learn how to stop.

And, once you stop, you'll find your body responds with some immediate changes. Your heart rate and blood pressure begin to return to normal. Breathing becomes easier. Food actually starts to taste good again. And, you lower your risk of getting heart attacks and other serious smoking-related illnesses.

The information and suggestions in this booklet are based on years of research and practical knowledge gained from people who have successfully quit.

REMEMBER,
YOU CAN DO IT!

The Numbers DON'T LIE

While everyone has their own personal reasons for quitting, one thing is certain: smoking is deadly. *In fact, smoking kills over 400,000 Americans every year. That's more than alcohol, suicides, homicides, fires, illegal drugs and AIDS combined.*

4,000 Chemicals and 43 Carcinogens in One Little Cigarette

You've probably heard about nicotine and tar, but did you know that cigarette smoke also contains 4,000 chemicals including the following dangerous chemicals?

Name Your Poison - Cigarettes have It!

- Ammonia (found in floor cleaner)
- Formaldehyde (preservation of body tissue)
- Arsenic (rat poison)
- Butane (lighter fluid)
- Methane (rocket fuel)
- Hydrogen Cyanide (gas chamber poison)
- Cadmium (batteries)
- Carbon Monoxide (car exhaust)

NICOTINE IS ADDICTIVE

Nicotine is the addictive drug in tobacco. It raises your blood pressure and heart rate each time you smoke. Because of its addictive nature, when the level of nicotine in your blood lowers, you may reach for a cigarette without even thinking about it. What you're actually doing is treating the withdrawal symptoms of nicotine.

Smoking RELATED DISEASES

One out of two smokers will die from smoking-related diseases. These are the most common smoking-related diseases:

Emphysema slowly destroys the lungs making breathing so uncomfortable that a simple walk to the corner store is not possible. Although this damage can't be reversed, you can prevent further damage by quitting.

Lung Cancer and Other Cancers Lung Cancer is caused by the tar and nicotine in tobacco smoke. Many lung cancers can't be removed by surgery and victims usually die within months of diagnosis.

In 1990, 119,920 people died of lung cancer in the United States.

Smoking also causes cancers of the lip, mouth, throat, larynx, and bladder; and is a risk factor for cancers of the pancreas, stomach, cervix, and kidney.

Cardiovascular Disease is caused by nicotine and carbon monoxide in cigarettes. Your already overworked heart has to work even harder to do everyday activities. Cardiovascular Disease zaps your energy and makes breathing very difficult.

In 1990, approximately 179,820 Americans died of cardiovascular diseases caused by smoking.

Peripheral Vascular Disease develops when less blood and oxygen circulate to your hands and feet. It begins as a numb or painful feeling and could result in gangrene.

Still Need More Reasons to Quit?

HOW TOBACCO AFFECTS FERTILITY AND CHILDBIRTH

Reduced Fertility Many women who smoke are less fertile than non-smokers. They take longer to conceive and are more likely to have a miscarriage.

Impotence Men who smoke may suffer from impotence due to damage to the blood vessels in the penis.

Lower Hormone Levels Smoking reduces the amount of the hormone estrogen in the body.

Contraceptive and Heart Attack Risks Taking the contraceptive pill combined with smoking increases the risk of heart attacks and strokes by about ten times.

Low Birth Weight Babies born to mothers who smoked during pregnancy are more likely to be underweight or premature. They also tend to be sick more often, cry more and sleep less than babies born to non-smoking mothers.

Children whose parents smoke are more likely to develop pneumonia and bronchitis in their first year of life than children of non-smoking parents. They're also more likely to suffer from more frequent and severe attacks of asthma. And, older children are more likely to try cigarettes or to become smokers if one or both parents smoke.

Second-Hand Smoke, also called Environmental Tobacco Smoke (ETS) or passive smoking, is smoke you breathe from other people's cigarettes. It can cause lung damage, lung cancer and heart disease. That's why smoking isn't permitted in most enclosed public places and offices.



OK, I Get the Point,

SO WHAT HAPPENS WHEN I QUIT?

When you quit, your body immediately begins to thank you by repairing itself. If you smoke around 20 cigarettes a day, here's how your body begins the healing process.

Two Hours After Quitting

Nicotine begins to leave your system. Some people may feel withdrawal pangs. This is a good sign. Your body is cleaning itself out. Hang in there. Within two days all the nicotine by-products will be gone.

After Six Hours

Heart rate and blood pressure decrease (although it may take up to a month for them to return to their normal rates).

After Twelve Hours

The carbon monoxide is completely out of your system. Your lungs work more efficiently and you can do more without becoming short of breath.

After Two Days

Your sense of taste and smell sharpen. In addition, your breath, hair, fingers, and teeth will be cleaner.

After One Week

Most withdrawal symptoms are completely gone.

After Two Weeks

Your circulation improves. So does

your confidence level because you feel good about your progress. You begin to think of yourself as a non-smoker.

One to Nine Months

Your body's overall energy level increases. Coughing, sinus congestion, fatigue and shortness of breath decrease.

Within Two Months

Blood flow to your hands and feet improves, keeping them warmer. Your skin looks healthier.

Within Three Months

The cilia (a hair-like cleaning system in the lungs) begin to recover and remove the mucous, so you can cough it up, cleaning your lungs and reducing the chance of infection. You may notice increased coughing for a few days.

After A Year

Your risk of lung cancer is reduced and you have less of a risk of heart disease. In as little as five years, the risk of stroke can return to the level of a person who has never smoked.

What Else?

Appearance

Not only will you feel better, but you'll also look better. Since smoking stains your teeth, gives you stale breath and causes wrinkles around the eyes and mouth to appear earlier, the sooner you quit, the better.

Your Bank Account Also Gets Healthier

Giving up cigarettes is like giving yourself a raise. Think about it. \$5.00 per day. If you smoke 20 cigarettes a day, you could save around \$2000 a year. Imagine what you could do with that money.

Non-smokers also pay *lower, special discount rates on many kinds of insurance policies and save money on insurance premiums.*

Your Confidence Soars

Few things compare to the sense of satisfaction you get when you quit smoking. If you can handle quitting smoking, you can handle just about anything.

Increased Fitness

You will notice that you have more energy. Suddenly you can climb that flight of stairs without feeling short of breath. As your fitness level increases, you will probably get fewer colds, flu, coughs and other respiratory infections.





Step One:

GETTING READY

Successful quitters spend time preparing before they actually give up smoking. They know how to tackle the urge to smoke and say “no” to cigarettes offered to them. They break their habits, learn new ways to handle stress and get their friends and family to help. And part of preparing to quit is knowing why you smoke.

Why Do You Smoke?

There are many reasons why people smoke. Most often people say they smoke out of habit, because they enjoy it or to cope with stress. However, addiction to nicotine is the major reason why people smoke.

Take a week and look closely at your smoking routines. Think about the time, place, what you are doing, who is with you, how you feel (stressed, worried) and how much you feel you need each cigarette. Write this down on a card and refer to it. By identifying when you're most likely to smoke, you can better prepare to handle the urge to smoke.

Why Do You Want to Quit?

Write down a list of the most important reasons why you want to quit. Keep them handy and refer to them when you feel the urge to light up.

SET A DATE

The first step to quitting is to set a date. Mark a specific day on your calendar so you can prepare for it. Choose an easy one when you won't be under much pressure. Don't delay too long. Remember, there's no time like the present.

Choose a Method

There are lots of ways to quit. And different methods suit different people.

Cold Turkey

For most people this is the most successful way. It means stopping suddenly and completely. One day you smoke, the next you don't.

Cutting Down

If you're really dependent on nicotine, try cutting down by 5-10 cigarettes a day. The ones you can't go without. Then set a date to give them all up. Be warned, this method takes time and it's easy to lose your determination.

Delay

Try putting off the first cigarette of the day by one or two hours. Start, for example, with no cigarette until nine o'clock. Next day, make eleven o'clock the earliest you can smoke and so on. If you choose a gradual method, try not to take more than two weeks to become smoke-free.

What About Nicotine Replacement?

An important part of getting ready to quit smoking should include your decision about using nicotine replacement therapy (NRT). Current choices include the patch, gum, nicotine spray, nicotine inhaler, and nicotine lozenge. There's also a pill available as another alternative that contains no nicotine.

NRT will double your chance of quitting smoking successfully if you have a solid plan and use other help like a quit class, support group or counseling. Nicotine replacement therapy is safe. NRT products may be used in combination, but you should always discuss NRT options with your physician or dentist. This is especially important for pregnant women and people with heart or blood vessel problems. Here are some facts about NRT to help inform your choice.

NON - PRESCRIPTION

Available over the counter

Patch Use as directed. Smokers can choose to start with a full-strength patch (21 mg of nicotine) used for the first 6 weeks and then use a weaker patch (7 mg or 14 mg) daily for another 4 weeks. Another option is to use the 1 dose patch (15 mg) for 6 weeks.

Gum Use as directed. If you choose to use nicotine gum, plan to use it on a regular schedule (every 1-2 hours) for a long enough period of time (at least 1-3 months). Remember, for the gum to work you must use it in the following way: chew slowly until a “peppery” taste appears (about 15 chews), then park it between your cheek and gum until the peppery taste goes away (after about a minute or so). Continue to chew and park for about 30 minutes.

Lozenge Use as directed. If you would like to try the new nicotine lozenges, plan to use it on a regular schedule (every 1-2 hours) for the first 6 weeks then gradually increase the time interval between lozenges (over a 3 month period) until you use less and less. Occasionally move the lozenge from one side of the mouth to the other until it is dissolved. Just remember to allow the lozenge to dissolve slowly in your mouth and not chew or swallow it.

The cost of the patch, gum or lozenge for each day is about the same as 1 to 1½ packs of cigarettes. The difference is you don't want to keep using them after a couple of months. Remember that using the patch and gum successfully means that you don't smoke a cigarette or a substitute (cigar, pipe, chewing tobacco)

PRESCRIPTION

See your Doctor

These medications require a prescription from your primary care physician or dentist.

Nicotine Spray The recommended dosage for nicotine spray is 1-2 doses/hour; the maximum dose is 5 doses/hour (40/day). The minimum treatment is for 8 weeks followed by a 4-6 week weaning-off period. Heavy smokers may need to use the product for a longer time period.

Nicotine Inhaler The nicotine inhaler is available by prescription. The recommended course of treatment is 6-16 cartridges per day for 3 months followed by a weaning period of 6-12 weeks.

Non-Nicotine Pill The non-nicotine pill is a prescription medication. Patients start taking the medication while smoking and continue to smoke until their quit date, 8-14 days later. Total recommended time course is 7-12 weeks, although some people may need more time.

BRANDS CURRENTLY AVAILABLE

Pill	Patch	Gum	Inhaler	Spray	Lozenge
Zyban®	Nicoderm CQ® Nicotrol®	Nicorette®	Nicotrol Inhaler®	Nicotrrrol NS®	Commit®

Change...

CHANGE YOUR SMOKING ROUTINE

Anything you can do to disrupt your smoking routine is good.

- Avoid smoking at your regular smoking times.
- Avoid smoking in your regular places.
- Buy a brand you don't like.
- Change the way you hold the cigarette; use your other hand.
- Put rubber bands around your pack to make you think about what you're doing.

CHANGE YOUR SITUATIONS

- Avoid putting yourself in a situation where you might smoke.
- Smoke only in places that are uncomfortable or inconvenient.
- Stand up if you normally smoke sitting down.
- Create smoke-free zones in your home or car.

FIND OTHER WAYS TO TACKLE STRESS

When do you feel under pressure? At work? Home? With friends?

- Think of how to reduce this pressure.
- Discuss problems with others.
- Plan your day, take time out to relax.

FIND REWARDS IN PLACES OTHER THAN THE CIGARETTE PACK

If you tend to reward yourself with a cigarette for completing a task, find a new way to reward yourself.

- Take a walk.
- Listen to music.
- Call a friend.
- Buy something you've always wanted.



CHANGE YOUR THINKING

Before lighting up, ask yourself, “How much do I really need this cigarette?” If you can, try to put that cigarette away. Know that the urge to smoke will pass in a few minutes. This is where your motivation is put to the test. Be determined. Remind yourself of your reasons for quitting.

CLEAN UP

The day before your “Quit Day,” go around the house, your workplace, car, purse, (and anywhere else that has anything to do with smoking) and throw out all cigarettes, lighters and ashtrays.

GET SUPPORT

If it feels comfortable, tell your friends and family about your plan before you quit and ask them for help. If you have family and friends who smoke, ask them to not smoke around you or to stop asking you to go out with them to smoke. If you slip up and have a cigarette, ask for support from your friends. Chances are, they’ll understand how difficult quitting can be and will be more than willing to help you.



Step Two: Quitting

TAKE ONE DAY AT A TIME

Whichever method you use, concentrate on getting through each day without smoking, one day at a time. Say to yourself, "I will not have a cigarette today."

Think Like a Non-Smoker

Don't think of yourself as a smoker trying to quit. Think of yourself as a non-smoker and you soon will be.

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DEALING WITH CRAVINGS

After you've quit, you may develop cravings. Although they will pass shortly, the following four D's can help you get through those nagging cravings.

Delay

Delay acting on the urge to smoke. The urge will pass in a few minutes. Don't give in. Use some of the methods described below.

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REMEMBER THE 3 R'S

Remind

Remind yourself why you quit smoking. Go back to your reasons for quitting and read them over again.

Deep Breathing

Take two deep breaths. Breathe in slowly and deeply, then breathe out slowly.

Drink Water

Sip the water slowly and hold it in your mouth a little while.

Distract

Take your mind off smoking. Focus on the task you're doing, get up and move around or refer back to your list of reasons to quit. Anything that shifts your attention away from smoking for a few minutes can help.

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Rehearse

Rehearse what to do to handle the urge to smoke when challenging situations occur.

Reward

Each time you beat the urge to smoke, reward yourself in some small way. Congratulate yourself for your determination and effort.

COPE WITH WITHDRAWAL

Withdrawal symptoms you experience are actually good news. They mean your body is flushing out the harmful tobacco chemicals. They won't last long; usually between a few days and two to three weeks. Few people experience all of the withdrawal symptoms below.

Symptom	Cause	Duration	Relief
IRRITABILITY	Body's craving for nicotine	2-4 weeks	Walks, hot baths, relaxation exercises
FATIGUE	Nicotine is a stimulant	2-4 weeks	Take naps, don't push yourself
INSOMNIA	Nicotine affects brain wave function	2-4 weeks	Avoid caffeine after 6 pm, relaxation techniques
COUGHING, DRY THROAT, NASAL DRIP	Body getting rid of mucous which has blocked airways	A few days	Drink plenty of fluids, try cough drops
DIZZINESS	Body is getting extra oxygen	1 or 2 days	Take extra caution; change positions slowly
LACK OF CONCENTRATION	Body needs time to adjust to lack of stimulation from nicotine	A few weeks	Plan workload; avoid additional stress
TIGHTNESS IN THE CHEST	Tension from body's need for nicotine; or from sore muscles from coughing	A few days	Relaxation techniques deep breathing; hot bath
CONSTIPATION, GAS, STOMACH PAIN	Intestinal movement decreases for a brief period	1-2 weeks	Drink plenty of fluids; add fiber to diet (fruit, vegetables, whole grain cereals)
HUNGER	Craving for cigarettes may be confused with hunger pangs	Up to several weeks	Drink water or low-calorie drinks; have low-calorie snacks on hand
CRAVING FOR A CIGARETTE	Withdrawal from nicotine, an addictive drug	Most frequent first 2-3 days; can happen for months or even years	Wait out the urge. Urges last only a few minutes; distract yourself; exercise
HEADACHES	More oxygen in your system and less carbon monoxide	1-2 weeks	Drink water; relaxation techniques

WEIGHT MANAGEMENT

Nicotine suppresses appetite. Although many people do gain some weight after quitting, gaining weight is by no means inevitable. Not everyone gains weight. Commonly, if people do experience weight gain, it is between 6 to 12 pounds. An exercise program can reduce or prevent this. So can diet. However, it is often difficult to combine this at the same time with stopping tobacco. Hold off until several months after stopping tobacco to deal with diet and exercise. You will be able to concentrate on diet and exercise programs more easily at that time.

Remember, putting on weight for a while is not nearly as harmful as smoking. Here's how you can avoid weight gain:

- Drink lots of water. Keep a water bottle handy and drink water when you feel the urge to smoke. Water helps make your stomach feel full.
- Start a daily habit of taking a brisk walk to burn calories. Take the stairs, park further and walk more.
- Eat your usual food but reduce the portion.
- Snack on healthy low-calorie foods, such as fresh fruits and vegetables.
- Chew each bite of food slowly and thoroughly to slow eating.
- Drink low-calorie drinks, or eat sugarless sweets and fruits when you get hungry.
- Get up as soon as you've finished your meal.
- Brush your teeth or use mouthwash immediately after a meal.



Step Three:

LIFE AFTER CIGARETTES

It is normal to feel that you're going crazy, can't concentrate, or becoming a space cadet for some time after quitting. You'll ask yourself a hundred times: "Why am I doing this?" Just take one day at a time. **Quitting is every single day.** Every single day, you must make a choice not to smoke. Hang in there because the reward is enormous: You will be free of being a slave to cigarettes.

Refuse Offers of Cigarettes

Stand up for your decision to quit. It's your right to say what you think. Ask for what you want and refuse things you don't want. That doesn't mean you have to upset people. Just tell people, "No thanks, I don't smoke," or "Please don't offer me any more cigarettes, I'm trying to quit."

Challenge Negative Thoughts

Become aware of negative thoughts such as, "This is too hard" or "Just one cigarette won't hurt." People who avoid taking a single puff increase their chances of successfully quitting. Don't let negative thoughts ruin all your hard work. Stay strong. Stay positive.

Try New Ways to Relax

You don't need to smoke to relax. As soon as you feel stress, try these activities instead:

1 Deep Breathing

Take two deep breaths. Inhale slowly and hold it, then exhale slowly.

2 Tense and Relax Method

Lie down or sit in a comfortable position. Close your eyes and take a few deep breaths.

- Tighten your feet and toes and hold them tight for about three seconds, then relax them.
- Repeat this exercise for muscles between your knees and feet, then your thighs, stomach muscles and chest. Keep moving up your body, finishing with your mouth, face and scalp muscles.
- After you complete this exercise, wait a few moments. Then open your eyes.

3 Relax Your Mind

- Lie down or sit in a comfortable position. Close your eyes and take a few deep breaths.
- Imagine enjoying yourself at your favorite place, perhaps the beach listening to the waves breaking on the shore, watching the sunset, or going for a swim.
- When you have relaxed, come back from your favorite place by slowly opening your eyes. Bring that state of mind with you.

Relaxation Through Activity

- Do some light stretches.
- Go for a walk.
- Park further from your destination so you can walk the extra distance.
- Play a sport that suits your age and fitness level.

Seek Support

Talk to a friend or family member when you feel your determination is fading.

Avoid Risky Situations

If you've identified when you're likely to smoke, stay away from those situations, if possible, until you feel ready to deal with them. Avoid others while they're smoking. If all else fails, leave when the urge to smoke is overwhelming.

What to Do When The Going Gets Tough

There are going to be those times when your mind and your body are so accustomed to smoking that even anticipating it isn't enough to stop the cravings. You have to take action. Here are some suggestions:

Waking Up

- If this was a time you always smoked, try changing your morning routine and doing things in a different order.
- Go for an early morning walk.
- Sit in a different place to have your breakfast.
- Keep your list of reasons to quit by your bed or mirror.



Watching TV

- Try sitting in a different chair.
- Exercise during the commercials.
- Keep popcorn, sugarless gum and low-calorie drinks or water on hand.

On the Phone

- Before calling someone, say to yourself twice “I don’t smoke.”
- Keep your list of reasons to quit by the phone and read it while you talk.
- Have a pen and paper handy so you can doodle or fiddle with a puzzle or the phone cord.
- Walk around while you talk.

Driving

- Take the ash tray and lighter out of the car.
- Do hand exercises while stopped at traffic lights.
- Sing along with the radio.

Drinking Alcohol

Drinking alcohol can affect your determination to refuse cigarettes. Drinking situations also often include smoking, therefore some people find it helpful to stop drinking for a while when they’re quitting.

- If you do drink, stay in control by having a soft drink or juice at least half of the time.
- Keep your hands busy.
- Tell your friends that you quit and ask them not to offer you cigarettes.

At Work or at Home

- Wear a rubber band on your wrist. When you feel the urge to light up a cigarette, play with the rubber band instead.
- Break the habit of hand-to-mouth motion by using the opposite hand to do things whenever possible.
- Play with pens or paper clips, doodle on a pad.
- Take regular breaks to exercise or relax.
- Have a glass of water handy ready to sip
- Play with a puzzle.
- Remember, the best ideas for coping with urges are the ones you come up with yourself.

Coping

WITH SETBACKS

Is Having a Cigarette the End of the World?

No. Quitting is probably one of the most difficult things to do. If you do have a cigarette it's just a slip-up, not a set-back. Remember, quitting takes a lot of work and effort, so don't get discouraged if you don't quit on your first try.

- Look at the situation in which you smoked and plan ways to deal with it in the future.
- Think of how long you've gone without any cigarettes. Remind yourself that it's only a slip and that you can get back on your feet and quit.
- Say to yourself, "It isn't easy to quit, and I'm not going to give up just because of one little mistake. Sure, I'm disappointed, but I'm also determined. I'll learn from this. Next time, I'll know what to do."

OK, So Say You go Back to Regular Smoking

Don't panic. And whatever you do, don't give up your plan to quit. Lots of successful quitters have made several serious attempts. In fact, it takes the average smoker seven times to quit for good. Try to identify what went wrong and give it another shot. Go back and use this booklet as your personal instruction manual and resource.

Other Help

If you feel that you need more help or support during any part of this process, consider the following options:

- Try joining Quit Smoking classes.
- Seek counseling.
- Ask your health care provider for help.





QUITTING SMOKING CONTRACT

For: (name) _____

Why I Want to Quit:

- | | |
|--|--|
| <input type="checkbox"/> My health | <input type="checkbox"/> I don't want to be addicted anymore |
| <input type="checkbox"/> My family's health | <input type="checkbox"/> I want to taste food again |
| <input type="checkbox"/> I want to feel better | <input type="checkbox"/> Other reasons (list below) |

Why I Smoke: Triggers

- _____
- _____
- _____
- _____

What I Can Do Instead: Substitute Activities

- _____
- _____
- _____
- _____

My Quit Date Is: _____

When I Need Help, I Will Call:

- _____
- _____
- _____

I will Reward Myself:

- After 1 smoke-free day _____
- After 1 smoke-free week _____
- After 1 smoke-free month _____

CONGRATULATIONS, YOU'RE A NON-SMOKER!
Keep up the good work!



Linda Lingle, Governor of Hawai'i
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Nondiscrimination in Services We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call this program or our departmental Affirmative Action Officer at Box 3378, Honolulu, Hawai'i 96801-3378 or at 808-586-4616 (voice/tty) within 180 days of a problem.

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